

FAST AQUISITION SKILLS TRAINING (FAST)

BASIC BROADCASTER COURSE

WEEK 1 CORE (V&D)

	0730	0730	0730	0730	0730
CLASS DAY	0800	Attention (11)	Attention (11)	Attention (11)	Attention (11)
	Hemi-Sync Demo (10)	FAST Nap (31)		FAST Nap (31)	
	FAST-Ten (31)	(11)		(11)	
		Peak Performance	Peak Performance (11)	Peak Performance	Peak Performance (11)
OUT OF CLASS	<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>
	FAST-Ten (31)	FAST-Ten (31)	Peak Performance (11)	Peak Performance (11)	Peak Performance (11)
	Read Hemi-Sync Handout	Peak Performance (11)	FAST-Ten (31)	FAST-Ten (31)	FAST-Ten (31)
	Sound Sleep (46)	Sound Sleep (46)	Sound Sleep (46)	Sound Sleep (46)	Sound Sleep (46)

0730	0730	0730	0730	0730
Attention (11)	Attention (11)	Attention (11)	Attention (11)	Attention (11)
FAST Nap (31)		FAST Nap (31)		
Peak Performance (11)	Peak Performance (11)	Peak Performance (11)	Peak Performance (11)	Peak Performance (11)
<u>DAY 6</u> 11	<u>DAY 7</u> 12	<u>DAY 8</u> 13	<u>DAY 9</u> 14	<u>DAY 10</u> 15
Peak Performance (11)	Peak Performance (11)	Peak Performance (11)	Peak Performance (11)	Peak Performance (11)
Concentration (46)	Concentration (46)	Concentration (46)	Concentration (46)	Concentration (46)
Sound Sleep (46)	Sound Sleep (46)	Sound Sleep (46)	Sound Sleep (46)	Sound Sleep (46)

WEEK 4-5-6 RADIO SKILLDAY 16

21

26

DAY 17

22

27

DAY 18

23

28

DAY 19

24

29

DAY 20

25

30

0730

0730

0730

0730

0730

Attention (11)

Attention (11)

Attention (11)

Attention (11)

Attention (11)

FAST Nap (31)

FAST Nap (31)

FAST Nap (31)
(day 19 only)

FAST Nap (31)

"On the Air" (31)
(in class)

Concentration (46)

Concentration (46)

Concentration (46)

Concentration (46)

PEAK PERFORMANCE (11)

Peak Peformance (11)

Peak Performance (11)

"On the Air" (31)

"On the Air" (31)

Sound Sleep (46)

Sound Sleep (46)

Sound Sleep (46)

Sound Sleep (46)

Sound Sleep (46)

WEEKS 7-8-9-10 (not full week)Day 31

36

41

46

DAY 32

37

42

47

DAY 33

38

43

48

DAY 34

39

44

49

DAY 35

40

45

0730

0730

0730

0730

0730

Attention (11)

Attention(11)

Attention(11)

Attention(11)

Attention(11)

FAST Nap (31)

FAST Nap (31)

FAST Nap (31)

FAST Nap (31)

FAST Nap (31)

Sound Sleep (46)

Sound Sleep (46)

Sound Sleep (46)

Sound Sleep (46)

Sound Sleep (46)

WEEKENDS

Week 1-6

SATURDAY

FAST Nap (31)

Concentration (46)

Peak Performance (11)

Bedtime

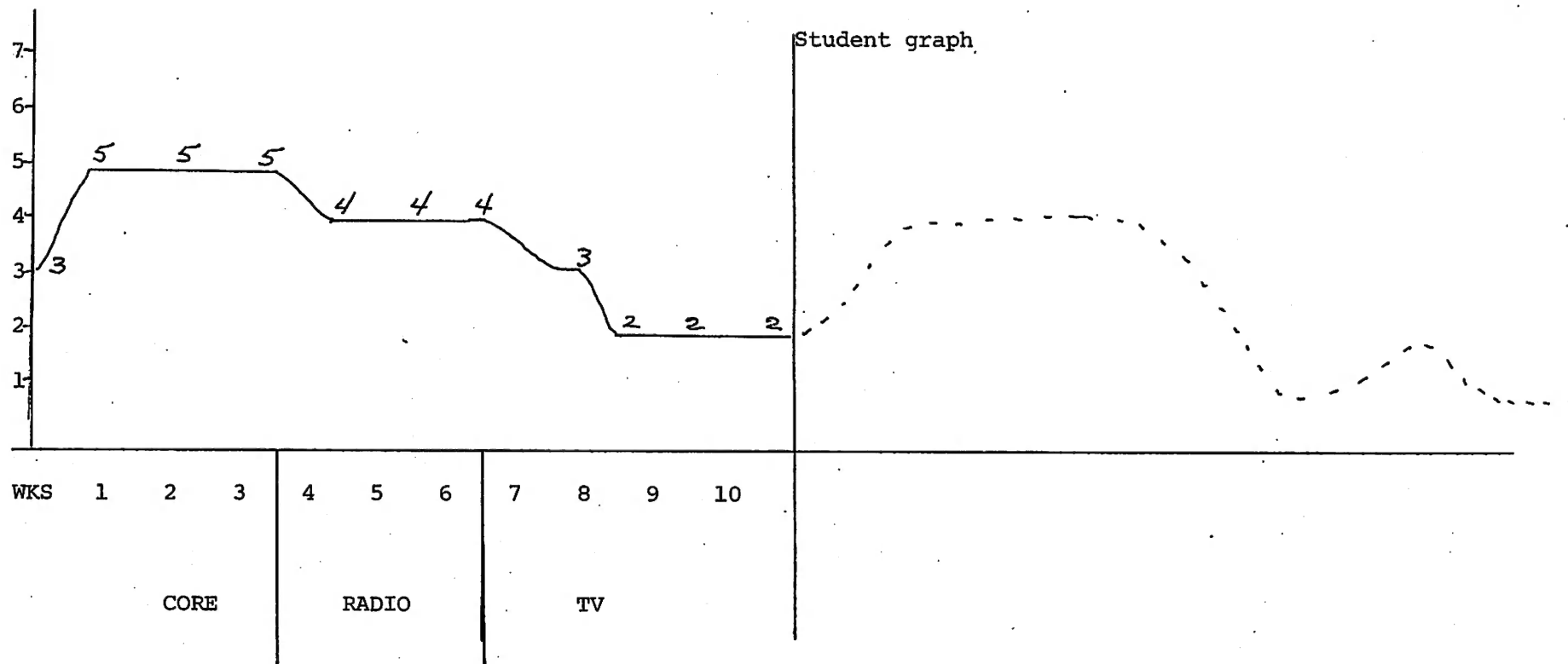
SUNDAY

Attention (11)

Peak Performance (11)

Sound Sleep (46)

Bedtime

MIN. EXPOSURES REQUIRED

7 WEEK GRAPHIC